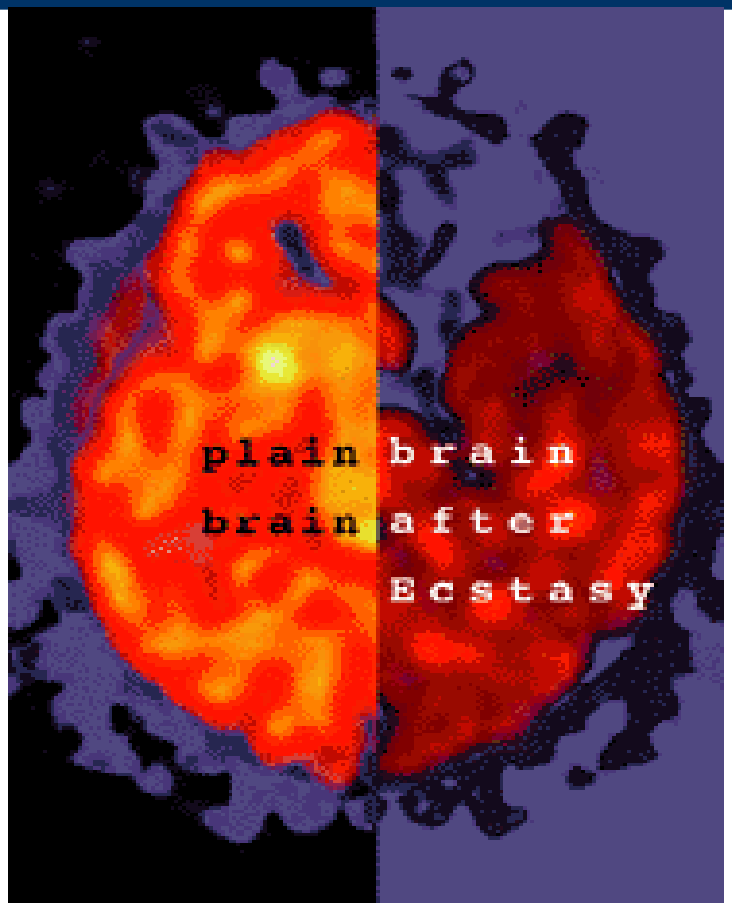
ECSTASY

Awareness Training

Health Hazards Associated with Ecstasy Abuse

- **So you think Ecstasy is safe?**
- **Think Again!!!**
- **Ecstasy is a silent killer**
- **Ecstasy has negative long term and short term effects. Ecstasy harms you physically and psychologically**
- **Ecstasy is against the law**

Ecstasy and your Brain



Ecstasy the Danger Zone

- **MDMA (3,4-methylenedioxymethamphetamine) Ecstasy is a stimulant and a hallucinogen Ecstasy use causes problems similar to Cocaine and Methamphetamine**
- **Ecstasy use can damage the brain's ability to think and regulate emotion, memory, sleep, and pain**

Ecstasy Effects the Heart

- **Ecstasy increases heart rate and blood pressure**
- **People with high blood pressure are at special risk**
- **Ecstasy can raise body temperature to above 104 degrees**
- **Ecstasy increases chance for heart attack, stroke or even death**

Psychological Effects of Ecstasy Use

- **Confusion**
- **Depression**
- **Sleep problems**
- **Severe anxiety**
- **Paranoia**
- **Drug craving**
- **These symptoms can appear weeks after taking the drug**

Physical Effects of Ecstasy Use

- **Muscle tension**
- **Involuntary teeth-clenching**
- **Nausea**
- **Blurred vision**
- **Rapid Eye Movement**
- **Faintness**
- **Chills or sweating**

Short Term Effects of Ecstasy Use

- **Hallucinations**
- **Chills & sweating**
- **Increased body temp**
- **Tremors and restlessness**
- **Muscle cramping**
- **Blurred vision**

Long Term Effects of Ecstasy Use

- **Permanent brain damage**
- **Permanent liver damage**
- **Paranoia**
- **Hallucinations**
- **Mood swings**
- **Sleep problems**
- **Depression**
- **Memory loss**
- **And other neuropsychotic problems**

Ecstasy and the Law

- **Ecstasy is a Schedule 1 Controlled Substance. Ecstasy has high potential for abuse and has no medical use**
- **Navy Drug Screening Labs can detect the presence of Ecstasy in urine**
- **Ecstasy abuse is a violation of the UCMJ**

Ecstasy and the Law

- **UCMJ, article 112A, illegal use of drugs**
- **Administrative discharge (other than honorable)**
- **Restriction / extra duty / reduction in rate / fine**
- **Loss of education and other benefits**
- **Don’t make a bad choice. Stay drug free**

Links for more information on Ecstasy

- www.dea.gov
- www.samhsa.gov
  Substance Abuse & Mental Health Service Administration
- www.nida.nih.gov
  National Institute on Drug Abuse
- www.health.org
- www.drugfreeamerica.org
- www.clubdrugs.org